

clarke college COURIER

February 25, 2010

dubuque, iowa

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Clarke College addicted to Professor Boffeli

justin curry

editor

The Feb. 9 Mackin-Mailander Faculty Lecture at Clarke opened lightheartedly. "Whenever I'm out of energy, I invite Professor Boffeli to stand in the room" said Clarke President Joanne Burrows.

"Energy" was one of the many words that could be used to describe this event, along with "anticipated," "enlightening," "educational," and "humorous." Tim Boffeli, chair and associate professor of psychology at Clarke, presented "Addicted" in this year's Mackin-Mailander lecture series, which focused on the topic of addiction.

The lecture started at 7:30 p.m. in the Jansen Music Hall, but the room became so crowded that they eventually had to stop letting in people for the lecture. "It was filled; there were people all along the walls," said Kathleen McDonough, junior biology major. "The atmosphere was energized and people had high expectations."

Boffeli went over two major types of addiction: substance and relationship. The audience had a vivid look into the

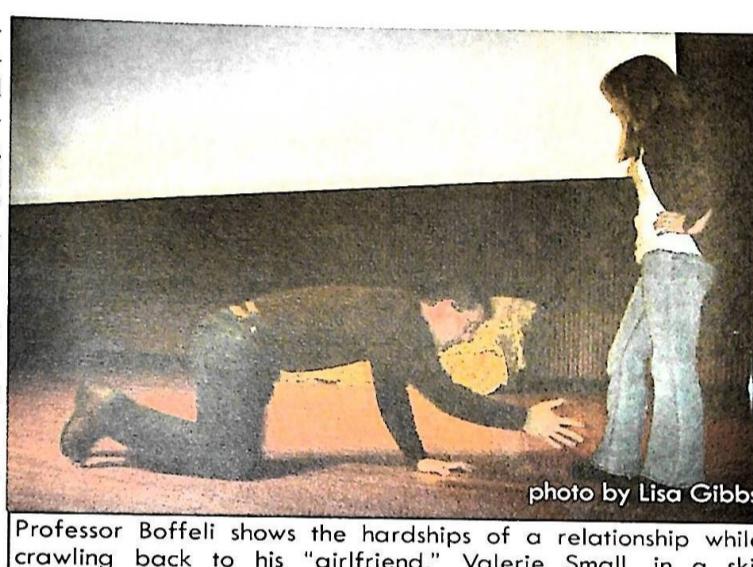


photo by Lisa Gibbs

Professor Boffeli shows the hardships of a relationship while crawling back to his "girlfriend," Valerie Small, in a skit

physical downfall of someone as he or she becomes addicted to heroin.

"I was surprised to learn that people were on Facebook for seven hours a day and playing Call of Duty for 10 hours a day" said Nick Morales, junior nursing major.

During the second part of the lecture the audience found out that there are strong similarities behind substance and relationship addictions, and how the definitions for both are almost the same. But Boffeli didn't teach the audience about relationship addiction through regular lecture format; instead he presented a skit, music and song lyrics. While he was showing the aggressive side that a male can take in a relationship, Valerie Small, junior psychology major, showed the struggles from the female perspective.

"The Clarke staff said no one has attempted this for Mackin-Mailander before" said Boffeli. "Because of the level of sophistication through 2D and 3D images, music and lyrics that all had to link with the audience emotionally."

continued on page 2

How do you feel about "Clarke U?" CSA debates changes

catherine savitch

staff writer

Clarke is forming a committee of representatives to discuss the possibility of Clarke College becoming Clarke University and students have mixed feelings about the possible change. Included on the committee are various campus constituencies that will collect information and feedback about the switch to university status.

There are relatively few steps involved in making the legal transition to being a university, according to Mike Cyze, executive director of communication at Clarke.

"There is no standard definition for a university," said Cyze. A few states have an approval process to become a university, but Iowa and the surrounding states do not. Commonly, universities include graduate programs and a multi-unit structure. Clarke's accrediting agency does not have set requirements and since the college's mission would remain the same, there would be no approval process necessary."

According to www.differencebetween.net, the difference between a college and a university is that generally a college offers a set of degrees in one specific area whereas a university has a collection of colleges. Universities are larger and have many colleges within them.

"I think it's a good thing," said Brittany Twohill, freshman athletic training/ physical therapy major. It will definitely attract more people and expand our college academically."

dave beals

staff writer

Our campus club's officers are leaving at the end of the school year. The new officers in the fall may be left on their own with only their own observations of the meetings and the help of the advisers. According to Kathleen McDonough, president of the Clarke Student Association, the CSA recognized the problems inherent in the current system and has proposed a rule change that it believes will make the transition from the outgoing officers to the new ones go smoother.

The CSA Agenda for the Sunday, January 24 meeting included a proposal that would change officers' terms from August to May to January to December. The proposal is to make this effective next year January 2011. "The reason is to include younger students more," said Kathleen, "And the outgoing officers, if they are seniors, would still be around, and presumably still be members of the club. For their last semester they would be available to help the incoming officers adjust to their new positions."

Jerry Bishop, a junior graphic design major, said, "The proposed change probably will be better. It will give new officers a better understanding of what to do." Jerry is the treasurer and secretary of Gentleman of Clarke.

"Overall, I think the changes are positive," said Lorie Murphy-Freebolin, director of Counseling Center, past adviser for the Human Rights Action Group, and currently adviser for the

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campus life



Crusader Callers shatter previous fund raising records

arts etc.



Clarke is going Celtic: Gaelic Storm to perform in TDH

sports



The strengths behind this years Softball and Baseball teams

weather



Partly Cloudy
High 27 Low 12

photo taken from rollanet.org
A homemade, duct tape ornament

one special, Wal-Mart and other stores
spot of inspiration for some amazing presents
lose people you love. (All prices listed
available in store and at www.Walmart.com)

Weirdest
Christmas
Tradition

Major
open their
keeps up."

Major
we get candy canes on the tree

OPINIONS

February 25th, 2010

Clarke's Olympic Review

tyler oehmen
staff writer

Although the Olympics are normally joyous, the 2010 Olympic Winter Games began in a more somber spirit. Luge competitor Nodar Kumaritashvili from the country of Georgia died in a terrifying accident during a practice run. There had not been a death in Luge in over three decades.

The death has been partially attributed to the fact that the track in Vancouver is known as the fastest and most dangerous in the world. Precautions were immediately taken including starting lower along the track and putting extra protection on posts at the final turn where Kumaritashvili was killed.

Even with the dark cloud hanging over the Olympics, athletes and fans alike continued to support the games. The winter sports were poised to completely take over the television ratings across the country, as well as here at Clarke.

Freshman Cody Gallagher remembers watching the Olympics growing up and was very excited to watch the 2010 games. "The Winter Olympics are the best part of the year," Cody said. "I look forward to them all year when they come around. My favorite event has got to be curling. It gives me hope to some day be an Olympian."

Freshman physical therapy/athletic training major Mary Collier said, "I love the adrenaline rush the games give me. I get so nervous when the ski jumpers begin. It is so scary. Although, my favorite sport would have to be speed skating: Apolo Anton Ohno is a hottie. And he is really good."

Elijah Wedwick, sophomore psychol-



ogy major, said "I watched what I could during my free time. I was really looking forward to hockey the most, though."

The U.S. hockey team made history this year. For the first time since 1960, Team USA defeated Team Canada in Olympic play. Team USA sported throwback jerseys that were the same design as the jerseys worn by that victorious 1960 team. Coincidentally, the win occurred one day before the 30-year anniversary of what many call the greatest upset in the history of sports, when the 1980 Hockey team defeated the Soviet Union in the game known as "The Miracle on Ice."

Many have been waiting for the games for almost four years. Senior math, English and education major Andy Bishop is one of them. "I was really looking forward to it. I watched as much as my schedule allowed me to," Andy said. "However, I made sure to make time for the half-pipe snowboarding competition. It is ridiculous how they perform all those tricks and defy gravity like that."

Freshman communication and religious studies major Erin Daly was another student ready for the games to begin. "I love the Olympics!" she said. "I think it's so great that nations can set their differences aside in the spirit of competition."

CSA rules continued from page 1

new Clarke Alliance. "I think that having students serve from January through December would provide better continuity in the executive board from one academic year to the next."

Pam Steffensmeier, a sophomore business and communication major, disagreed. "We have a lot of things that require planning in the fall semester," she said. "I'm currently president of CREATE and plan to continue to be an officer. CREATE should be considered to be on the same terms as class officers."

Jessica Kieler, a sophomore nursing major, agreed. "I am a member of CANS so we would continue the way we are, but it would be bad for us if we had to change," she said. "I would make this optional for clubs based on what would work best for them, or keep the officer terms the way they are." Jessica is currently an officer and plans to run for office in CANS next year, too.

"This change makes a lot of sense," said Evelyn Nadeau, associate professor of Spanish and adviser for LASA. "It will likely lead to more summer activity and planning so that the officers of the organization can hit the ground running when school starts in the fall."

Becky Shady, a sophomore biology and psychology (pre-med) major and also an officer of Clarke Alliance, said, "I think it will be better because we can have officers that know what their responsibilities are."

There were some questions from the members at the CSA meeting on February 21 regarding the proposed changes but no one voiced any objections. Some of the students wanted clarification on how it would affect their clubs. It was announced that the CSA will vote on the proposal at their next meeting on Sunday, March 14 at 7 p.m. in CBH room 109. All students are invited.

clarke courier

Boffeli continued from page 1

The songs messages were as different as their genres: there was, "Every Breath You Take" by The Police, "Kim" by Eminem, "Run For Your Life" by The Beatles, "Don't Leave Me Now" by Pink Floyd, and much more.

The audience did not only consist of admiring students but Boffeli also had the support of faculty, staff, alums, friends and family. Among the crowd was also Therese Mackin, BVM, sister of Mary Mackin, whom the lecture series is partially named after.

"Mary would have loved this and what it did for all of us" said Sister Therese Mackin. "It carried so much meaning for all of us in the audience."

Boffeli said he had to make his lecture so interactive because he wanted to reach the audiences' emotions. "The purpose of reaching the audience's emotions is so the lecture's message would burn into their memory," said Boffeli.

"I wasn't surprised by his lecture," said Erin Hauser, freshman biology major. "I have him in class and he is always animated. I found it more interesting than Dr. Drew's lecture this fall."



Courier staff wins awards

The Clarke Courier staff won four awards in the Iowa Newspaper Association/Iowa College Media Advisors college newspaper contest earlier this month.

Sophomore communication major Samm Mammoser won first place in the Best Feature Story category and 2009 grad Ben Jacobson won first place in the Best Opinion Writing category for his "I Disagree" column which ran for two years in the Courier.

Dave Tucker, also a 2009 grad, won Honorable Mention for page design and the staff won an Honorable Mention for Best Arts Coverage.

Colleges from throughout Iowa enter the contest which is judged by professional journalists.

clarke college courier

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The Courier is a student-produced newspaper for the Clarke community. Opinions expressed herein do not necessarily reflect the opinions of the faculty, staff or administration of the college. The Courier welcomes input from members of the Clarke community. Please send comments to MS 1801, Clarke College. Letters must be signed and may be edited for content and length.

February 25, 2010
Crusader ca

kylene miller
editor
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Housing Options
Everyone ha

christen koester
staff writer

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some of some Dubuquers who live
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CAMPUS LIFE

3

February 25, 2010

Crusader callers earn campus \$205,000

kylee miller
editor

Clarke College gained an additional \$200,000 thanks to 13 dedicated Crusader Callers. By earning \$205,116.04 over two campaigns, including a recent five-week effort, the callers shattered the \$175,000 goal set for them this year. Crusader Callers phone alumni, friends, and parents of students on campus asking for donations to the college.

"I was nervous to start out with because this was my first time working as a caller," said freshman music major Jill Sieverding. "It got easier every time I went into work. I really liked getting the chance to have some good conversations with some interesting people."

Clarke uses a company called RuffaloCODY to help make over a thousand phone calls a week. This is the second year that Clarke has used RuffaloCODY. The company works with schools all around the country and also helps Loras College and Holy Family Schools

"I really liked getting the chance to have some good conversations with some interesting people."

in Dubuque fund raise throughout the year.

This spring RuffaloCODY sent a new center manager, Nicole Heiderscheit, to assist the callers. Nicole's trains the callers and helps them improve their calling over the course of the campaign. The callers work here on campus, and Nicole decorated their cubical with a fun Hawaiian theme. As they got closer to their goal, a boat sailed across the

wall to reach \$180,000.

"Nicole was fun to be around," said Jill. "She always had games for us to play and provided awesome snacks. She helped us out with things we could do better next time and encouraged us when we got a good call."

"I knew we'd break our initial goal and we kept working hard after we broke \$180k," Nicole said. "I think we had a positive atmosphere that helped us reach our goals. The returning callers really helped out the new ones and you could see our progress on a daily basis."

As the callers met and exceeded their goals they earned rewards from Clarke staffers. Wendy Scardino, director of Institutional Advancement, brought in a number of snacks and President Joanne Burrows brought brownies. By beating the \$180k mark, the callers earned themselves dinner with the president at her new house.

"I never imagined that we would break \$180,000, let alone \$205,000," said junior history major Brittany Clayton. "Last year when we broke \$150,000 that was a big milestone."

Jill said, "I think \$200,000 is a huge sum of money, and I'm really excited we had the hard workers and

great donors to help us reach it. I think we could have reached a quarter of a million dollars!"

Anyone interested in becoming a Crusader Caller and earning \$8 an hour in the fall can contact Nicole Heiderscheit at nicole.heiderscheit@ruffalocody.com.

"I think new callers would think this job is very worthwhile and a fun experience," said Jill. They will have fun meeting new colleagues and getting to know people they have never met over the phone."



photo by kylee miller

Jill Sieverding works hard towards a better future for Clarke.

Housing Options Everyone has an opinion

kristen koester
staff writer

It can get tricky trying to decide where to live while you are in college. Most freshmen live in the dorms with the exception of some Dubuquers who live at home. Then there is Mary Francis Hall for upperclassmen who get the luxury of having their own rooms and more lenient rules. Clarke's apartments are a nice way for friends to stay close.

"Living off campus gives me a sense of freedom," says Nick Bassm senior athletic training/physical therapy major. Some may feel they miss out on certain things by living off-campus, but Nick feels differently. "I still continue to meet new people and I definitely don't miss out on the gossip."

A couple cons of living off-campus would be the need to drive to school every day, especially when the weather is bad, and it can also be a financial burden if you are not working.

"Uh oh, RAs! Shhh! Hide everything and jump in the attic," is the first thing that comes to the mind of Jodie Muth, junior social work major who lives in the apartments when discussing her living arrangements. Jodie chose the apartments because it's easier than moving off campus and she didn't want to drive to school. "I like rolling out of bed 10 minutes before class and getting there on time," she said.

The apartments are more expensive than dorm life but it's nice to have your own bedroom, bathrooms, kitchen and a cozy living room. "The long hallways make a great playing field for sumo wrestling," says Jodie. Living with five other girls can make for a lot of drama at times, too. "The garbage pick-up at 6 a.m. also stinks," she added.

Hannah Grow, sophomore elementary education major, prefers the dorms to being off campus. "I like living in the dorms because they are close to class and I don't have to worry about paying a bunch of bills every month," says Hannah. "A few advantages of living in the dorms are the people everywhere, random fun nights, and that they are safe. Some big disadvantages are the fact that there are people everywhere, they're loud, expensive, and have community bathrooms. Who would have thought that so much stuff could fit into such a tiny space?"

Out of the many options for housing Clarke offers, it's primarily personality based when it comes to choosing. Students will have the ability to choose at the room selection coming up on March 8 and 9.



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clarke courier

CAMPUS LIFE

February 25, 2010

Nursing students on clinical merry go round

molly mccormick
back page editor

I have clinicals Monday and Wednesday, so I spend about six hours at clinicals," said Abby Fromm, junior nursing student at the same time as her mental health clinical this semester.

Clinicals are a mandatory class that is taken every semester by nursing students. Clinicals start for students their sophomore year and continue until they graduate.

At clinicals, students are usually assigned to just one patient. They must go the day before their clinical and do paper work for the patient in order to be prepared for the next day. Their paperwork involves finding out the patient's basic information, medications and their diagnosis.

Clinicals allow nursing students to get hands-on experience and help build their confidence. They also give a taste of a variety of different types of nursing situations.

Clinicals normally last around six hours in which time students will either go to a hospital or nursing home and take care of their patients for the day. Some weeks students will watch surgeries or other medical procedures going on in the hospital. But because adult clinical is a mandatory

clinical that has to be taken every semester by students. For at least two semesters nursing students have to take two clinicals a week, which can be very time consuming.

"It can be kind of overwhelming, especially since I'm at the hospital four days in a row, and that's not including the days that I'm at the hospital for my regular job," said Abby.

She normally works three to four days a week at the hospital from four to eight hours. Abby deals with this hectic schedule by trying not to get behind on her sleep.

Junior Carly Miehe is enjoying her clinical this year. She only has one clinical this semester, which is on the labor and delivery floor at Mercy Hospital.

"I absolutely love clinical this semester. It is totally worth getting up early for," said Carly. "I hope to either be in OB or possibly ER when I graduate, so this clinical is a great experience."

Lucky OB clinicals don't call for paperwork, so Carly enjoys her freedom the night before clinical.

"Last semester I had two clinicals a week, which meant two nights of prep work beforehand," said



photo by molly mccormick

Nursing majors, Kaitlyn Tipsword, Grace Moonen and Abby Fromm discuss their clinicals.

Carly. "Sometimes this meant going to Mercy at 11p.m. after I got done with work to get my assignment. However, I knew I had to get it done so I made sure I got done with all of my homework a day or two before so I could get home, complete my paperwork, and go to bed."

Carly also has a job working on the medical/surgical unit at Finley Hospital.

"It is an awesome experience," she

said. "Working at Finley lets me experience and see things that I do not see in clinical. It also gives me a chance to work with more than one patient."

Students compete for apartment living

lisa gibbs
photo editor

I enjoy living with my friends and roommates" said Bryndon Paulsen, a senior at Clarke College majoring in physical education. "We all get along and have some shared interests. It is like one big, messed up family." Bryndon is one of many students who fill the 96 rooms in the Catherine Dunn Apartments on the Clarke Campus.

The apartments, built in 1998, have 96 rooms, totaling 16 apartments with six rooms per apartment. Living with five roommates teaches personal tolerance which includes how to live with personal quirks such as different schedules, eat-

ing habits, and sharing a bathroom with two other people.

But many students say the experience is well worth it. They enjoy having more room and having a full kitchen in their apartment. "I love living in the apartments," said Alyssa Breitbach, sophomore graphic design major. "It's not only nice to have your own room and kitchen, but it is really nice to be able to have people come over to visit."

Many freshmen have hopes of living in the apartments next year to experience a different way of living and a change of scene and a more home-like feeling. "It would be nice to have a kitchen because I love to cook," said Faith Till, a freshman majoring in nursing, who has applied to live in the apartments next fall.

Many students also like having more room in the apartments than in the dorms. "I also like having a kitchen, so I am able to make healthier meals," said Pam Steffensmeier, sophomore business and communication major.

Even though students have access to a full kitchen in the apartments the college requires residents to have a meal plan. "Clarke wants to ensure that apartment residents remain engaged with the rest of the campus," said Jill Pecoraro, residence hall

"It's like one big messed up family."

director of Mary Benedict Hall. "The dining halls are one of the best places to socialize."

Many students choose to live in the apartments on campus rather than off campus because of the accessibility to the resources of campus and because there are more opportunities to meet people.

Students get into the apartments based on the point system which is judged on GPA, service

hours, involvement in activities and athletics, and discipline subtractions/good tenant points. Activity points range up to a total of 12 points.

Members of organizations are awarded 2 points and executive officers 3.

"It is difficult to get into the apartments if you are going to be a sophomore," said Stephanie Krolage, a sophomore majoring in graphic design. "We applied last year, but we didn't get in, but I am planning on living in the apartments next year."

Upperclassmen do have the advantage since juniors and seniors are awarded points for how many credit hours they have completed. Every point matters in this system.



ARTS ETC.

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February 25, 2010

Gaelic Storm rocks out at Clarke tonight

heather hass
staff writer

Jessi Crain, senior sports management, business and philosophy major first fell in love with Gaelic Storm while watching them perform in "Titanic." After seeing them she was hooked on the band, and her enthusiasm for them shows. "Since then I have seen Gaelic Storm in concert eight times," said Jessi. "The first time I saw them in concert was at Milwaukee Irish Fest at which they make an annual appearance. When I saw that they were coming to Clarke, I was ecstatic."

Like Jessi, some may know the group for their appearance in the blockbuster hit "Titanic," while others know them as the one-time pub band transformed into one of the most popular groups in the Celtic music world. Gaelic Storm, with its high-energy performances and

unique acoustic sound, continues to expand its fan base with each new record they release. The band's next stop will be at Clarke tonight, Feb. 25.

"I'm excited they are coming to Clarke," said Ryan Burras, senior biology and physical therapy major. "I have listened to some of their songs and heard from other people that they put on a good show. I'm looking forward to seeing their performance in person."

The music of Gaelic Storm lies between that of a tradi-



tional band and an Irish rock band. The band's success over the years has produced seven Billboard Chart-top-

ping albums. Their seventh album, "What's the Rumpus?" was released in July 2008, and reached number

one on the Billboard World Music Charts. Gaelic Storm is known for their high attendance records and merchandise sales, as they routinely tour over 125 dates per year.

"I'm excited that a well-known band is coming to Clarke to give us a concert, and I'm especially happy that Gaelic Storm is the band to do it," said Caitlin Murray, senior athletic training and physical therapy major. "They put on such a great show that anyone would enjoy and they really like to get to know their fans during and after the show."

Gaelic Storm will be performing tonight in Terence Donaghoe Hall at 7:30 p.m. The band will be performing as part of the Arts at Clarke series.

Latest "Dexter" novel receives killer review

aaron rhomberg
staff writer

Dexter by Design" by Jeff Lindsey is the fourth book in the "Dexter" series that inspired the hit Showtime series of the same name. The latest is a vast improvement over the previous novel.

The story starts off with Dexter and Rita are on their honeymoon. Dexter's dark passenger (his inner voice that tells him to kill) has remained in check as he struggles with trying to perfect his camouflage to blend in with society. Upon returning to Miami, Dexter has to deal

with some surprising events.

The three parts of the story's arc are dealing with a new serial killer who has left a corpse displayed on a chair in Miami Beach, Rita's children beginning to develop the same urges to kill that Dexter had when he was a child, and his sister Debra, having learned his dark secret, is torn between remaining loyal to her brother and bringing him to justice.

Fans of the show who read this novel will be surprised by the departure from the TV series. One of the differences

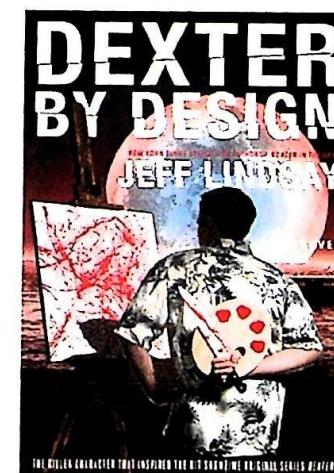
that fans will notice is Dexter's relationship with Rita. In the book's he does not seem to really care for her in any way and her only purpose is to keep up the façade in order to blend in.

Some other differences between the novel and show are how the supporting characters are played out. Certain characters have different roles, others are absent and some are further developed throughout the novels.

Overall, this is a novel that makes the characters appealing and likeable, even that

of a serial killer. If you are a fan of the show and have not read the novels, then you may be disappointed with the changes in characters. However, with each chapter we are drawn deeper into what makes Dexter so different from other vigilantes and we get to understand his methods as he tries to not only allude capture by his fellow officers, but put an end to Miami's new serial killer with the help of Dexter's dark passenger.

Rating: 8.5/10



Media Watch



Pete Dudek
A&E

	What is the last song you listened to?	What was the last movie you saw?	What book is on your night stand?	What is your favorite Winter Olympic sport?
Luke Flynn - Freshman Music Composition Major	"Just Dance" by Lady Gaga	"The Matrix"	"Form in Tonal Music of the 20th Century" by Douglass M. Green	Snowboard Half-Pipe
Amanda Shaker - Second Year Physical Therapy Major	"Build Me Up Buttercup" by The Temptations	"When in Rome"	Orthopedic Textbook	Pairs Figure Skating
Andy Bishop - Junior Math, English and Secondary Education Major	"Save Me San Francisco" By Train	"G.I. Joe"	"Paper Towns" by John Green	Snowboard Half-Pipe

clarke courier

SPORTS

February 25, 2010

Hooligans on the loose at Clarke

justin haas
staff writer

Clarke men's volleyball has raced out to an 11-2 overall record and is now ranked third nationally. A new group on campus known as the Clarke Hooligans is electrifying the stands and helping to cheer the men on to victory.

After being started as a simple Facebook group, the Hooligans have grown into something much larger and wilder. With different themes for every home match, the Hooligans have reenergized the student body at volleyball games. Themes for some of the games have been: blue and gold, white out and fly swatters for when the team played St. Ambrose whose mascots are the Fighting Bees. For the game against Cardinal Stitch, the Hooligans painted their bodies and art professor Bryan Zygmont even dressed up in his scarlet academic robes to portray the real Cardinal Stitch.

Junior Brian Regan, athletic training, is the cre-

guys and the Hooligans were born.

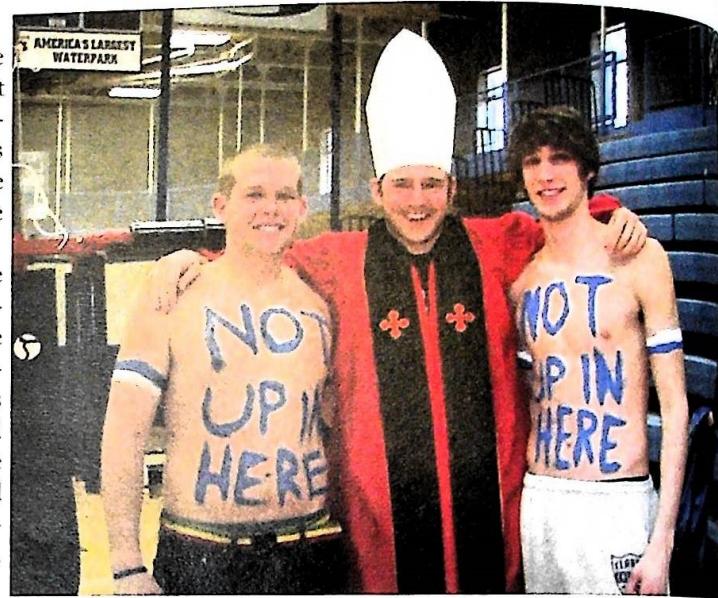
The themes for the matches come from Regan's head for the most part and sometimes from the mind Professor. Zygmont. The two discuss ideas for themes and sometimes settle on one just hours or days before the game.

Being a part of the Hooligans is free and is open to all Clarke students, faculty and staff. "It takes heart to be a Hooligan," says Regan. "The outstanding men's volleyball team this season is thanks to their talent and the love of their fans. Because of the Hooligans, the Robert and Ruth Kehl Center is literally becoming a nightmare for opposing teams to play in. And it's only going to get better."

"I think it's a really good idea what Brian and the Hooligans are doing," said junior nursing major Matt Redman, a member of the men's volleyball team. Many players on the team are excited to have the Hooligans supporting them at the home games through a great season.

Junior sports management/ kinesiology said, "we look forward to playing home games not just because we don't have to travel, but also thanks to the Hooligans".

Some possible themes that students can look forward to from the Hooligans in upcoming games are: Jersey Shore, black out and a retro night. Often



Members of the Hooligans: Ryan Burras, Bryan Zygmont and Colin Hayes. Photo Courtesy of Jamie Specht

in sports as in many things nothing is always certain. However, there is one certainty this season for Clarke men's volleyball and that is that the Hooligans have got their back and are here to stay.

Clarke baseball has the catcher position more English major computer information system and senior education major. Catching coach Aaron Ciaro this group the "core," highlighting to the team's success this season. "A catcher needs athleticism and a will and a desire to be in anything and all three of these," he said.

Conor comes to Clarke from College in Washington state. It's a little old school and I like it, Knaselt said. "He plays the way it is supposed to be played with passion for the game."

If you go to the weight room, expect to see Conor lifting weights. Go to one of his classes and see him sipping on a gallon of water. Physical conditioning and diet.

Coach Harris explains: "The depth chart behind the production he added to his diet throughout the fall season and to get hits in crucial moments. Josh, from Draper, Utah, from Cimarron Custer Community College, Josh is a great defensive catcher and could help us offensively by percentage of over 400," Harris said. "Conor feels playing along with the team is healthy competition between each other very well. We have positive philosophical views and make each other better."

Softball team

"It takes heart to be a Hooligan"

ator of the Hooligans. The name "Hooligans" stems from Regan's soccer background, "I am big into soccer and when I think of a soccer fan, they aren't just a fan, they are crazy," he said. "For them I felt like "hooligans" was a better-fitting name than 'fans'." Being friends with much of the volleyball team, Regan wanted to do something special for the

team. Many players on the team are excited to have the Hooligans supporting them at the home games through a great season.

Junior sports management/ kinesiology said, "we look forward to playing home games not just because we don't have to travel, but also thanks to the Hooligans".

Some possible themes that students can look forward to from the Hooligans in upcoming games are: Jersey Shore, black out and a retro night. Often

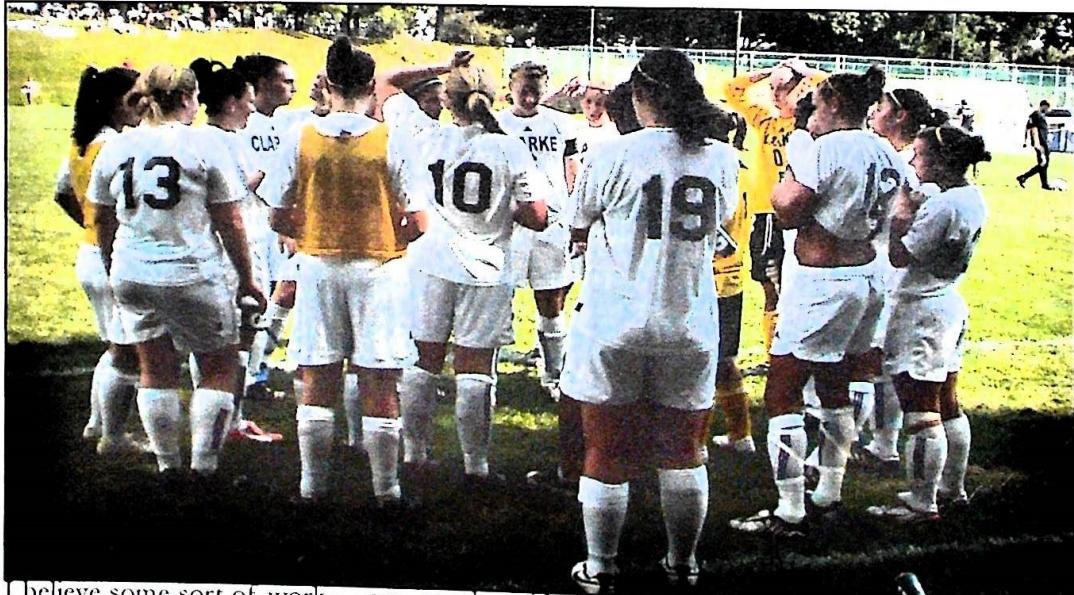
Soccer programs kicking up workouts

samm mammoser
sports editor

If you have walked through the Kehl Center or workout center, you might notice all the soccer players working out. Yes, it is the off-season, but the team is dedicated to three lifting and three running workouts a week. The idea behind all these workouts is to be in shape for the fall season in August. For the soccer team, the season starts now and they want to be the best team in the conference next fall.

"It is a great concept to do all these workouts, but I am taking extra credits this semester," said Meghan Mulloy, freshman athletic training/ physical therapy major. "I am glad the team is dedicated to being better next season. Early morning practices are going to be hard at first but then they will just become routine. These workouts just help me with my time management."

Jared Hill, freshman computer information sciences major said, "I think the soccer workouts overall help the team and me personally.



I believe some sort of workout is needed to maintain a good soccer team. As for 6 a.m. workouts, they are not the best, but they are the only time everyone can be present unless we workout from 11 p.m. to midnight at night. Sometimes all these workouts can get in the way of homework, but you learn to adjust your schedule to finish everything."

Andres Leza, assistant soc-

cer coach said, "This will benefit the team in two ways: physically and mentally. Physically the team will be faster, stronger and fitter. This means less fatigue and potential injuries. This translates to stronger performances on the field for the entire 90 plus minutes and hopefully the results we want: wins. Mentally, the players should see improvement, both subtle and not so subtle, in their

fitness, strength and speed. This should increase their confidence and usually that is what it takes to perform at that higher level. The level of a national championship team!"

The team has begun training for next season because there is no time to waste. The ultimate goal for the team is an NAIA championship.

"You can't expect an A in a class if you start doing the

work a day, week or month before a final", said Leza. "You have to work and prepare for hours for the culminating exam or paper at the end."

In previous years, the team has trained in the spring but not to this degree of intensity.

These workouts will not last all semester. The team will be following the NAIA rules and finish their workouts two weeks before finals.

"Anything worthwhile requires hours of hard work," said Leza. "Likewise, you can't bear the fruit of a soccer season, a conference and national championship, if you start training or practicing in August or even midsummer. By the time you hit full stride and are clicking on all cylinders the conference and national tournaments are over and it's holiday break time!!! So in short we are doing this now so we can bear and enjoy the fruit of our labor, a national championship, come harvest time in November 2010!"

—SPORTS—

February 25, 2010

7

Clarke baseball: Strong to the core

elliott carr
staff writer

Clarke baseball has a wealth of riches at the catcher position headlined by sophomore English major Conor Kelley, junior computer information systems major Josh Gust, and senior education major Jared Krasselt.

Catching coach Aaron Ciaburri has nicknamed this group the "core," highlighting its importance to the team's success this season.

"A catcher needs athleticism, toughness, and just a will and a desire to be in the middle of everything and all three of these guys fit that category," he said.

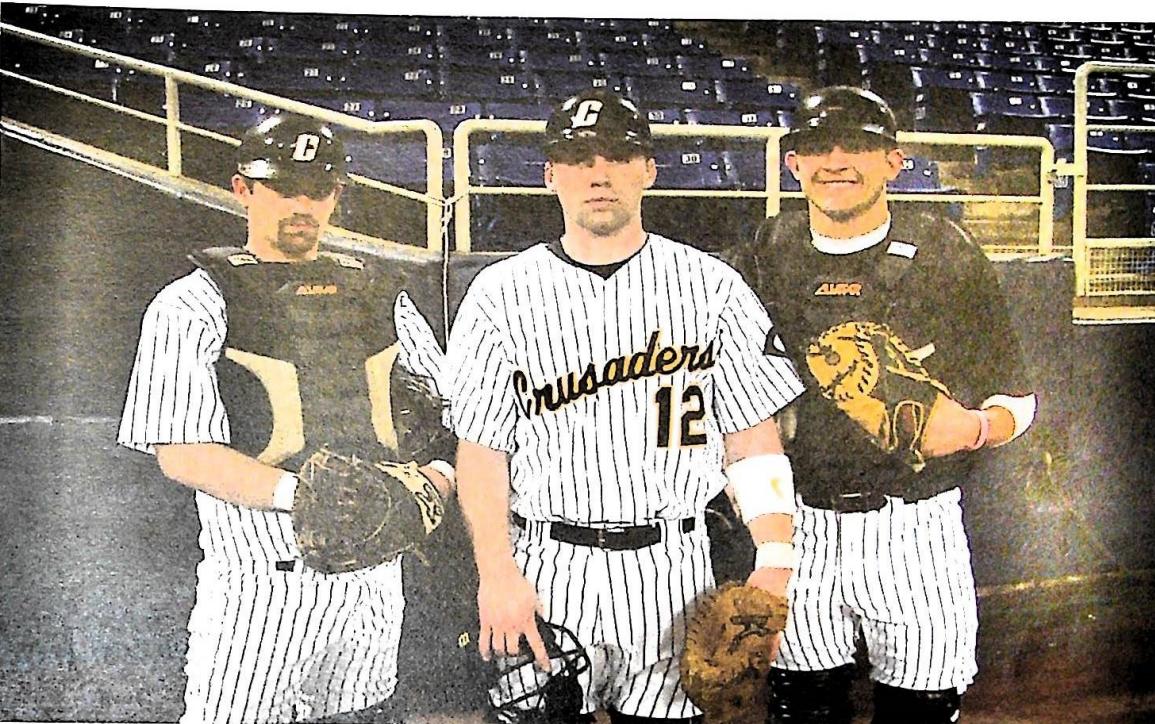
Conor comes to Clarke from Columbia Basin College in Washington state. "His playing style is a little old school and I like that about him" Krasselt said. "He plays the game hard and the way it is supposed to be played. He has a true passion for the game."

If you go to the weight room on any given day, expect to see Conor lifting massive amounts of weight. Go to one of his classes and expect to see him sipping on a gallon container of water. Physical conditioning and diet are important to him.

Coach Harris explains: "The reason he landed at the depth chart behind the plate is the offensive production he added to his defense. He hit .400 throughout the fall season and proved an ability to get hits in crucial moments."

Josh, from Draper, Utah, spent two years at Cerro Coso Community College in California. "Josh is a great defensive catcher, and proved he could help us offensively by having an on-base percentage of over 400," Harris said.

Conor feels playing alongside Josh has done wonders for his game. "There is certainly a healthy competition between us," he says. "There is no struggle for playing time, and we feed off of each other very well. We usually present opposite philosophical views when discussing the game and make each other better."



The "Core": Josh Gust, Conor Kelley, and Jared Krasselt are anchors on the men's baseball team.
Photo contributed by Chad Harris

Jared Krasselt, from Chillicothe, Ill., looks to continue the form that saw him occupy main catching duties a year ago. While he may not be the starting catcher this season, he will feature prominently at various positions.

"Jared's greatest asset to our team is I can play him virtually anywhere on the field, which is why I brought in other catcher's to free Jared up to play other positions" said Coach Harris. "Jared is currently one of our main short-stops but will also see time in the outfield, as well as catching to give Josh and Conor a break" he said.

Last season, Josh was a key contributor in Clarke's victory over NCAA Division I Western

Illinois. Western had their speedy lead-off hitter on first and he immediately tried to steal second base. Jared threw him out by a good three feet and Western did not try to steal the rest of the game, which set the tone for the big win.

Coach Harris hopes to attract a strong attendance this season. "I know we play 15 minutes off campus (in Peosta), but I would like to encourage people to come out and watch us play. These guys work extremely hard, and it only makes it more worth the grind when we look out in the stands and see familiar faces supporting us."

Softball team set for 'Drive, Determination, Destiny'

elliott carr
staff writer

There are high expectations heading into the 2010 season for Clarke softball. With a solid mix of new talent and returners, the team looks to finish in the upper echelon of the Midwestern Collegiate Conference.

Head Coach Liz Garthright has been extremely pleased with the group thus far. "One thing that makes this team so special is that everybody has really stepped up and embraced their role on the team" she said. "Our team chemistry has been great, and it is their willingness to work hard and play for each other that will make us a team that is really fun to watch this year."

"I have stressed two things this year: We have repeatedly used the phrase 'Drive, Determination, Destiny.' What I mean is that we have the power to determine our own destiny. We have set our goals, now it comes down to how hard we are willing to work to get them" she said.

"The second thing that I have stressed is 'Short Term Memory, Long Term Focus.' We need to let things go quickly -- errors, losing a game, strikeouts, etc., and keep our focus on our long-term goals."

Physical preparation has also been an important part of the team's preparation. "Our pre-season

has consisted of hitting and lifting three times a week" said co-captain Colleen Dansart. "We have been working hard on our individual skills."

This year's pitchers will be headlined by junior Nicky Newhoff, a right-hander from Cedar Falls, Iowa. "Nicky works hard and is very competitive," Garthright said. "She is also very tough; she has thrown a lot of innings for us in the past and I expect her to do so again this year."

One of the most exciting additions to Clarke's batters is junior shortstop Amanda Balough. "She's really fast, and I'm looking forward to seeing her steal a lot of bases," said team co-captain Nicky Newhoff. Amanda is a transfer from Waubonsie Community College in Illinois, and is poised to significantly bolster Clarke's batting ranks.

Senior first baseman Colleen Dansart is a two-year captain and last season's MVP, with a batting average of .392, 24 RBI's, and a fielding percentage of .988. "Colleen has a great work ethic which shows every time she steps onto the field for practice or a game," said Garthright. "She is a smart hitter who understands what she needs to do every time she comes to the plate."

ca Bronsan of Algona, Iowa, will be a major force in the outfield due to her blinding speed.

The team also has a new home, Veterans Park. Given that it's closer to Clarke than the team's previous home field, it's hoped that students, staff, and faculty will make it to the games and support the team. The team's first home game is on March 16 against University of Dubuque.



EXTRAS

Feb 25, 2010

Cupps don't catch on

heather jansen
staff writer

Sixteen ounces. A 16 ounce cup. 16-ounces of soda, juice, or water with unlimited refills. A definite break for a college student's tight budget. Last semester Clarke made an effort to promote global awareness throughout the campus. In an attempt to reduce waste, the college installed the program "CUPPS-Cannot Use Paper, Plastic, or Styrofoam." This program encourages the use of a reusable beverage container. Students could purchase a CUPPS mug for \$2 along with the privilege of unlimited refills in the Student Activity Center or cafeteria.

Those students who have purchased the CUPPS find that not only is it convenient, it is for a good cause as well. "I got the CUPPS because I wanted to help Clarke save the environment one cup at a time," said junior sports management major Alex Wilharm. Alex has remained faithful and continues to use his CUPPS everyday.

Pam Steffensmeier, sophomore business and communication major and president of the environmental group at Clarke, said, "The CUPPS did work for the first semester since they were new. However, I am not seeing them used at much, if at all this semester."

The CUPPS can be hard to lug around all day, so many students opt for the plastic cups available in the SAC. This would not be an issue if all the cups ended back up in the recycling bin. Unfortunately, many if not most end up in the trash can.

"We go through approximately 3,000 of those plastic cups a year," said Steve Dyer, director of student activities at Clarke. "It was clear we needed to create a culture of sustainability on Clarke's campus."

CLEAN (Clarke Leading Environmental Action Now), the environmental group on campus, is growing and hopes to continue this "go green" campaign for the incoming students. The group organizes different activities on Earth Day and May Daze. It sets a standard and example for the students, faculty, and staff at Clarke and informs those who wish to learn more about

CUPPS

[Cannot Use Paper Plastic or Styrofoam]



Sponsored by: CLEAN - CREATE - CSA - Student Activities

"going green." CLEAN, CREATE, and CSA plan to continue this education by giving a gift to promote the environment to the incoming students in the next year.

"We're hoping to give all incoming students a "be green" pack with a CUPPS and a reusable to-go box, complete with so much more," said Lynsey Christensen, sophomore graphic design major and vice president of CLEAN. "We hope to start them off by saying we are conscious about the environment here at Clarke."

Steffensmeier added, "The plan and hope is to remove the plastic cups by the 2012-2013 school year. By then everyone will have a CUPPS."

Dyer added to this hope and expectation: "Hopefully, by the time the class of 2015 arrives on campus we will have made some strides in the right direction and the CUPPS will become a staple in the sustainability efforts of Clarke," he said.

Clarke is working to assist in CLEAN's efforts by adding more recycling bins around campus, instituting a printing limit, selling reusable to-go containers. Certain registration forms, such as the ones for Campus Ministry's Antioch retreat, are now only offered online.

The hope is that in the future Clarke's efforts will continue to encourage and educate students to reach out and give back to the environment. CUPPS was just the beginning, definitely not the end.

es that are already on our plate, we can focus on the name change."

But Mirek Baran, freshman English and secondary education major, thinks it's worth the money. "The word 'university' comes with a sense of prestige," he said. "This will make Clarke more marketable in the long run, even if the name change leads to some short-term expenses."

Sociology professor Rachel Daack says, "It's really just a change in name. I know there are other institutions that have done it and are just as successful as they were before. I hope we're thinking about the fact that there is another Clark University in Massachusetts. Will future students know the dif-

ference between the Clarke with an 'e' and the Clark without an 'e'?"

"The Clarke University name would represent the innovative teaching and breadth of education we provide to so many," Clarke President Joanne Burrows said. "At the same time, the change will not alter our commitment to maintaining a strong emphasis on close personal relationships that are hallmarks of the Clarke experience. We will continue to uniquely prepare graduates who make an impact in the world."

At the college's Board of Trustees meeting in May the newly formed committee will offer recommendations about making the transition to university status.



Clarke U

continued from page 1

"I don't like the idea; I think it would change the entire feel," said Alex Kelshemer, junior athletic training and biology major and member of the men's volleyball team. I feel we have an identity here at Clarke--as a close-knit community--and changing it to a university would take away from that."

"We'd also have to change every single thing that says 'Clarke College' to 'Clarke University,'" said Alex. "I think we have bigger fish to fry like getting our science building done and updating our athletic facilities. Once we'd made the chang-

On the Street

Do you prefer the Summer or Winter Olympics and why?

pete dudek
staff writer



Jessica Schneider
Junior elementary education major
I love the Winter Olympics because I'm a huge ice skating fan; the Moguls are fun to watch too.



Michaela Freiburger
Junior history and education major
Winter Olympics, my mom used to ski and it takes place during classes so I don't have to miss vacation time to watch them.



Joel Smith
Senior kinesiology major
The Summer Olympics are better because the ancient Greeks didn't play in the snow and the Winter Olympics could just as easily be called "100 Ways to show that snow and ice are slick." Besides, you wouldn't have seen the ancient Greeks sliding around on ice.

class
March 18, 2010

campus life
Students learn a hard lesson about sexual harassment.

arts etc.
Alice in Wonderland first day in 3D.

sports
Cheerleaders seem to be missing something...

Weather
Partly Cloudy High 65 Low 40